

## Template letter to parents/carers (to copy and paste)

Dear Parent/Carer

This term XXX class will be discussing the NSPCC's Underwear Rule in our PSHE lessons.

During these discussions we will aim to teach our pupils the following important safety skills without giving explicit information or telling scary stories. We will be teaching our pupils the [NSPCC's Underwear Rule](#), using the 'PANTS' acrostic, which is like a green cross code for staying safe from sexual abuse. PANTS stands for:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

The lessons will introduce a range of ideas, all delivered in a way that's fully age-appropriate. These include:

- "appropriate" and "inappropriate" touching
- your child's right to say no to things that make them feel upset or uncomfortable
- naming parts of the body
- who your child can turn to if they ever feel upset or worried.

If you would like to know more about the NSPCC's campaign and see how you can help keep your children safe in partnership with your child's school, more information can be found at [nspcc.org.uk/underwearrule](https://nspcc.org.uk/underwearrule)

If you have any questions or concerns please don't hesitate to get in touch.

## Template newsletter text (to copy and paste)

In our PSHE lessons this term, we will be discussing the NSPCC's Underwear Rule. This is designed to teach pupils how to stay safe from sexual abuse, without giving explicit information or telling scary stories or even using the term "sexual abuse." In the lesson, children will learn about the 'PANTS' acrostic, which stands for:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

The lesson will be delivered in a way that's fully age-appropriate.

More information about the Underwear Rule, including a short film and a parent guide can be found at [nspcc.org.uk/underwearrule](https://nspcc.org.uk/underwearrule).